



3 - Extravaganza



8 - Roasted!!!

# U.S. Pacific Fleet welcomes new commander

U.S. Pacific Fleet Public Affairs

Adm. Gary Roughead assumed command over the Navy's largest area of responsibility as Commander, U.S. Pacific Fleet, when he relieved Adm. Walter F. Doran July 8 in front of the USS Missouri Memorial on Ford Island.

Military and civilian guests gathered not only to say goodbye to Doran, but also to welcome Roughead. Speakers included Chief of Naval Operations Adm. Vern Clark and Commander, U.S. Pacific Command Adm. William J. Fallon.

Attending dignitaries included various flag and general officers currently serving

During his command, Doran led the Pacific Fleet in a wide variety of operations, ranging from fighting global terrorism, promoting military cooperation and partnerships with Pacific region allies, to helping victims of the devastating tsunami last December in South Asia.

"The speed of response by the U.S. naval ships and aircraft involved (in tsunami relief) was a direct result of having operating forces in the Western Pacific," said Doran.

During his remarks, Clark recognized Doran and his wife, Ginny.

"The Doran family has honored our Navy institution for many years. What we will remember most about these two incredible people is their grace, their class, and their powerful example of a lifetime of service to our nation," said Clark.

In recognition of these accomplishments and his 38 years of naval service, Clark awarded Doran the Distinguished Service Medal on behalf of Secretary of the Navy Gordon England.

In his remarks, Roughead stressed Doran's work.

"He expanded and enhanced our important relationships in the region, assured readiness, and postured our forces for the opportunities and challenges

that await," he said. "Regardless of the challenge, the Pacific Fleet was ready - witness the magnificent response to the tsunami of last year. Is that readiness?"

As the 31st Pacific Fleet commander, Roughead takes over nine months after reporting as second-in-command of U.S. Pacific Command.

In his remarks, the 1973 U.S. Naval



Adm. Walter F. Doran, left, renders a salute as Adm. Gary Roughead assumes command as Commander, U.S. Pacific Fleet, in a ceremony pier side at the Battleship Missouri Memorial on Ford Island. The Pacific Fleet, the Navy's largest area of responsibility, is made up of approximately 200 ships and 1,400 aircraft, and more than 190,000 Sailors, Marines and civilians. U.S. Navy Photo by PHAN John T. Jackson

Academy graduate pledged to maintain the Pacific Fleet's high state of readiness, as well as provide for the Sailors under his command.

"We will be ready and we will win. And our superb people will be professionally and personally fulfilled as they carry out the work of our nation's great Navy," Roughead said.

Prior to his tour at Pacific Command, he served as the commander of the U.S. 2nd Fleet; commander of the NATO Striking Fleet Atlantic; and commander of Naval Forces North Fleet East based out of Norfolk, Va.

Other command assignments included commandant of the Naval Academy, commander for Cruiser-Destroyer Group 2 and the USS George Washington (CVN 73) Battle Group, commanding officer of the Aegis destroyer USS Barry (DDG 52)

and commanding officer of the Hawaii-based cruiser USS Port Royal (CG 73). He is the first naval officer to command both classes of Aegis ships.

"For a naval officer, there is no higher honor than to assume command of the Pacific Fleet. Thank you (Adm. Clark) for the confidence you have placed in me, and for the opportunity to command the Pacific Fleet. We will position and posture ourselves to meet the challenges of tomorrow," said the Buffalo, N.Y., native.

Roughead's awards include the Defense Distinguished Service Medal, Navy Distinguished Service Medal, Defense Superior Service Medal, Legion of Merit, Meritorious Service Medal, Navy Commendation Medal, Navy Achievement Medal, and various unit and service awards.



Commander, U.S. Pacific Fleet, Adm. Gary Roughead, left, stands with outgoing Commander, Adm. Walter F. Doran at a reception honoring Adm. Doran's Naval service.

in the Pacific region, in addition to former Pacific Command and Pacific Fleet commanders. Hawaii Gov. Linda Lingle, U.S. Sen. Daniel Akaka, (D-Hawaii), and civilian and military dignitaries from several Asian and Pacific nations were also present.

## Brief Notes

### Annual Bon Dance

Friday, July 22 from 6 - 9 p.m. at Nimitz Park.

### USO Notes

**Fleet Landing office closed for renovation until Sept. 30.** It has been relocated to Bldg. 301, next to the Barber Shop. For more information, call the Nimitz Park USO at 252-3960.

### Tobacco Cessation

Every Tuesday in July from 2 - 3:30 p.m. in Training Room B, second floor, Public Works (Bldg. 200). Call 252-2550 to sign up.

**DUI Counter:**  
25 days as of July 21

## CFAS encouraged to continue to conserve water

JOSN Jeff Johnstone

CFAS Public Affairs

Fleet Activities Sasebo (CFAS) Sailors and their families are encouraged to continue to do their part to conserve water. A recent dry spell negatively affected the city's water supply, though recent heavy

"Fortunately the rain came and the reservoir is back up. We're in pretty good shape now."

**-Lt. Brian Foster**

Assistant Public Works Officer

rains have replenished the reservoirs. Sasebo's reservoirs depend heavily on rainfall to remain at a safe level.

"When is the day to start conserving?" asked Lt. Brian Foster, Assistant Public

Works Officer. "It can stop raining anytime. We had some showers in early April, and then the rain stopped and didn't start again until much later than normal."

Due to the recent dry spells, Sasebo city requested CFAS to help conserve water.

"The city's plan would have been to cut

w a t e r pressure, and the next step would have been to reduce flow rate in the water mains and possible

water restrictions," said Foster.

Had those heavy rains not hit, the community would have had to adapt to some adjustments until more rain fell.

"Fortunately the rains came and the reservoir is back up. We're in pretty good

shape now," said Foster.

"We had a bit of a scare over the water shortage," Foster continued. "The reservoirs dropped to between 60 - 70 percent. Sasebo city asked us (CFAS) to do everything we could to conserve, and I'm proud of the CFAS community for stepping up and doing their part."

"During the final two weeks of June, the community (including Main Base, Hario and Akasaki) decreased their water usage by an average of 108,000 gallons per day. It shows the community that we are willing to participate in the bad times with them, as well as the good ones."

Sasebo City Waterworks and Sewageworks manager, Mr. Hiromi Kohara, echoed those sentiments in a

Please see **Water**, Pg. 3



# The responsibilities we share as neighbors

**FLTCM(AW/SW) Jon R. Thompson**  
*Atlantic Fleet Master Chief*

Are you a good neighbor? Okay, maybe that's a little vague. How about: Do you respect your neighbors? Do you know your neighbors? Do you think they respect you?

All of us have neighbors no matter where we live. On a ship, our neighbors are as close as a rack away. If you live in an apartment, your neighbors are only a wall or floor away. If you live in a house, you have a little more distance but nonetheless, you need to be mindful of some of the responsibilities we share as neighbors. The 'do unto others as you'd have them do unto you' rule applies.

No matter where we live, there are some accepted norms that we should abide by. What's more, there are also laws and city ordinances that dictate our responsibilities as homeowners. Whether or not you abide by the norms is up to you, and I'd like to think the majority of us respect those norms and live in

respect with our neighbors. Unfortunately, I sometimes hear about things that make me wonder if all Sailors are aware of the things we need to take into consideration as neighbors.

Have you ever had to call the police to report loud noise or a party? Have you ever talked to your landlord about unruly neighbors? Have you ever had to call a city office to report a neighbor that refused to maintain his or her lawn or property? Many of us have, and my hope is that we are the people making the calls, not the people causing the calls.

Being a good neighbor is actually pretty easy. There are some universal expectations that go hand-in-hand with living next to others. My challenge to each of you is to think about these things and ask yourself if you are truly doing your best to be a good neighbor.

- Maintain your property. Keep your yard and space neat and clean, grass mowed and garden weeded. If, at a minimum, you keep your home's outward appearance neat and clean, others will know you care about where you live.
- Keep the noise down. If you live in an apartment, this is especially critical.



**FLTCM(AW/SW) Jon R. Thompson**  
*Atlantic Fleet Master Chief*

Others may have children who go to bed early, or adults may work odd shifts. Don't blast your stereo or turn your

- television up too loud.
- If you have a party, inform your neighbors if you expect it to go late. Try to mitigate any concerns your neighbors may have about the noise. If a neighbor complains, turn the sound down, move the party indoors, or end the party. Keep in mind your neighbors have the right to peace and quiet, as do you.
- If you borrow things from your neighbors, return them in a timely fashion. Never take anything without asking; just because you know your neighbors or consider them good friends, taking things without asking is, in another word, stealing.
- If you or a member of your family damage something on your neighbor's property, offer to pay for the damages.
- Respect your neighbor's privacy.
- If your neighbors are going on a vacation, offer to assist them with their lawn, collection of mail, and keep an eye on their property. Mutual trust is easy to

establish between neighbors as long as you always do what you say.

Being a good neighbor isn't difficult, but it also isn't necessarily easy. Cultural differences, income differences, longevity differences, and a whole host of other factors can sometimes make living next door to people challenging. My best recommendation is to try to get to know your neighbors. If you are able to strike up a friendship, whatever perceived differences you might have may be minimized.

When you move into a new home, whether an apartment or house, go around and introduce yourself to your neighbors. If you have children, the visits can be especially gratifying as you may learn who the other children in the neighborhood are, perhaps the same ages as your children. This proactive measure may be just enough to help others get over their own shyness. In my experience, people who reach out to other neighbors find it helps ease some of the tensions of moving into a new neighborhood.

In the Navy, we move often. Our neighbors come and go, and each of us has a responsibility to be a good, respectful neighbor. If we're all mindful of the fact that our actions affect others around us, You may find living next door to someone can be quite tolerable, whether you become best friends with your neighbors or not.

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The *Sasebo Soundings* is a weekly publication of Fleet Activities, Sasebo, Japan. It is published according to the rules and regulations for station newspapers and under the direction of the Public Affairs Officer.

Opinions expressed herein are not necessarily those of the command, the Department of the Navy or the Department of Defense.

The appearance of advertising in this newspaper does not constitute endorsement by the Department of the Navy or CFAS or the publisher of the products and services advertised.

This paper is funded by appropriated funds. The distribution of 2,000 copies is printed by Minato Printing Co., Ltd., Sasebo City, Japan.

All items for submission must be brought into the *Sasebo Soundings* office in PW 80 or sent by guardmail or MPS, or emailed to **soundings@cfas.navy.mil**. The Public Affairs Office, as permitted by the Commanding Officer, reserves the right to edit, omit or change any part of the submission to fit the style of the paper.

Deadline for regular submission is Tuesday at Noon. For more information, call 252-3409 or 252-3485. Address all correspondence to:

**Sasebo Soundings**  
**PSC 476 Box 93**  
**FPO AP 96322-1100**

## Officer scholarship program seeks fleet applications

*Naval Education and Training Command Public Affairs*

The Navy is accepting applications for the 2006 Officer Scholarship Program through Sept. 1.

Under the program, officers enroll in graduate school on a full-time basis, receive full pay and allowances, and are reimbursed for permanent change-of-station costs. Tuition must be paid by a non-Navy funded scholarship obtained by the service member. The scholarship must be equal to or greater than 50 percent of tuition costs, and Veteran's Administration benefits, such as the Montgomery GI Bill, can be used in conjunction with the scholarship.

Officers must be available to start studies before Sept. 30, and have 24 months or less to complete their coursework. Candidates will be selected based on performance records, needs of the Navy, promotion potential, academic qualifications and field of study.

Designator and subspecialty of individual applicants will determine areas of study available through the program.

"This can be an excellent way to pursue a graduate degree," said Billie Colonna, Officer Special Education programs manager for the Naval Education and

Training Professional Development and Technology Center. "Many of the top universities actually recruit scholars, and there are scholarships available for those who search. We currently have program participants at M.I.T., Oxford, Johns Hopkins, Harvard, Princeton and Purdue, to name a few schools. Since selection to the scholarship program is contingent upon the officer's ability to obtain a scholarship, all potential selectees should immediately begin pursuit of a scholarship."

Lt. j.g. Janice Geldmacher, Officer Scholarship participant currently enrolled

question, a great program."

Applicants must receive the endorsement of their commanding officer. Officers receiving command endorsement should forward application packages via their commanding officer to the Commanding Officer, Naval Education and Training Professional Development and Technology Center (NETPDTC), Code N2A2, 6490 Saufley Field Road, Pensacola, Fla. 32509-5204.

In addition to commanding officer approval and a completed application letter, application packages must contain college information and a detailer

"This can be an excellent way to pursue a graduate degree."

**-Billie Colonna**

*Officer Special Education Programs Manager,*

*Naval Education and Training Professional Development and Technology Center*

at Johns Hopkins University, is studying civil engineering with a focus on oceanography and hydrophysics.

"The program has been an exceptional experience," said Geldmacher. "It has not only allowed me to complete my Master's degree at the school of my choice, but it has also afforded me the opportunity to work with some of the most distinguished professors within the engineering community. It is, without

endorsement statement.

Selected applicants will incur an additional obligated service equal to three times the length of time they were in the program, served concurrently with any other obligated service they may have.

Specific guidelines, additional requirements and detailed program information can be found in NAVADMIN 133/05 and OPNAV Instruction 1520.24B.

# ‘Families First’ to transform personal moves

**LaWanda York**  
*American Forces Press Service*

The process of service members moving their household goods - virtually unchanged for many years is about to transform. The Military Surface Deployment and Distribution Command (SDDC) is developing a new process called ‘Families First’ that is scheduled to launch Feb. 1, 2006.

“We are extremely proud to introduce this absolutely transformed personal property program that will provide many benefits and safeguards to individual service members,” said Maj. Gen. Charles W. Fletcher Jr., head of SDDC and leading proponent for Families First.

Families First is designed to alleviate some of the stress of moving by involving the service members in the process and giving them a voice in how their personal property is moved. Families First focuses on meeting the customers’ needs by promoting a first-rate moving experience.

Working closely with the military services, the Office of the Secretary of Defense and Congress, SDDC partnered with the trade associations of the American moving industry to create Families First.

“Families First is dedicated to supporting the armed force’s most important stakeholders, the military and civilian service customers,” said Thomas Hicks, the command’s program director for personal property moves. “Our commitment to the warfighter runs parallel to our support of the invaluable work provided by American and international transportation service providers.

“The working partnership between the moving industry and the U.S. military is a longstanding, mutually productive and

positive relationship,” Hicks said. Every year, about 500,000 service members and civilian employees move to new duty stations. This comprises the biggest moving population in the United States, making the stakes high for both the customer and the transportation service provider. The partnership between the two will soon enter a new dimension.

Presently, transportation service providers are selected based on the lowest cost, with little consideration for performance. Under Families First, transportation offices will use a “best value” approach that focuses on performance. Most moving businesses will be awarded to transportation service providers who do the best work as measured by the customer. That

“Families First is dedicated to supporting the armed force’s most important stakeholders, the military and civilian service customers.”

**-Thomas Hicks**  
*SDDC program director for personal property moves*

customer, the service member, will exercise his or her voice by completing a web-based customer satisfaction survey to measure the performance of their movers.

“We all share the goal of providing the best customer service to those who deserve it the most, the American servicemember,” Hicks said. “Families First unites the moving industry, the [military] services and SDDC in a sensible and cooperative manner to achieve this goal.”

Transportation service providers providing the best service will receive the most business. This emphasis on

customer satisfaction is expected to stimulate better quality work from all transportation service providers.

Families First also promotes customer satisfaction through:

Full-replacement value for property lost or damaged beyond repair; direct claims settlements between the service member and transportation service provider; Web-based counseling option; and Increased emphasis on direct deliveries - reducing temporary storage requirements.

Currently, service members may only receive a depreciated value for property lost or damaged beyond repair in a move. In the new program, a member is entitled to the current replacement value of the item.

For example, a five-year-old television with a replacement cost of \$200 would be valued at only \$100 if lost or damaged beyond repair now. That \$200 replacement cost is depreciated at ten percent per year. Under full-replacement value, the transportation service providers will either replace the lost or damaged item with a new item - or reimburse the service member the full cost of a new one.

There are some exceptions where the transportation service provider may replace the lost or damaged item with a comparable used item. The exceptions list includes boats, personal watercraft, ultralight aircraft, pianos, musical organs, firearms, art objects, all-terrain vehicles and snowmobiles.

With Families First, service members file a claim directly with the transportation service provider using SDDC’s web-based claim filing process, a part of

SDDC’s new Defense Personal Property System. If no settlement is reached within 30 days, a servicemember may transfer the claim to the servicing military claims office.

In all claims processing, maximum transportation service provider limit of liability increases to \$50,000 - up from the current \$40,000.

Presently, service members receive pre-move information from the local transportation office or the Department of Defense pamphlet entitled “It’s Your Move.” In Families First, service members have an added option and convenience to receive pre-move counseling through SDDC’s web-based Defense Personal Property System.

Families First encourages door-to-door moves with the goal of sharply reducing temporary storage. Temporary storage results in more handling, delay and expense, all of which increases risk to the shipment.

“Under the new program, we will work closely with the services to synchronize member relocations so most moves may be door to door,” said Hicks. “This initiative emphasizes customer convenience and reduces the need for the double handling of property.”

The introduction of automated PowerTrack payments for transportation service providers enables them to be paid for their moves within five to seven days, a special benefit to the small-business-owner sector of the moving industry. PowerTrack assists their business operations by eliminating payment delays and providing a consistency to their cash flow.

“We recognize that Families First represents a dramatic change in the way we do business,” Hicks said. “The greatest challenge is managing business among competing firms.”

## Water, from Page 1

letter sent to CFAS recently, thanking the CFAS community for helping out at an early stage.

With the reservoirs back in good shape due to recent heavy rains, now is a good time to implement good conservation practices to ensure we stay in good shape. This will also help cut senseless costs.

“We have to pay for the water we use,” said Foster. “The money to pay for water comes from U.S. taxpayers, which in turn means it comes out of the U.S. Navy’s budget. Spending too much money on water does not support the Navy’s mission. We need that money to go towards our ships, planes and other areas that support that mission.”

Good conservation by no means has to adversely affect your lifestyle. There are many simple ways to do your part.

“Everytime you use water, just think of how you can use less,” said Foster. “The best time to water your lawn is in the evening. At night, the water actually goes straight to the soil, whereas during the day, the water evaporates into the air. Use less water pressure when taking a shower, and try to take quicker showers. If you are using a dish washer, wash full loads. Use full loads for laundry as well.

## Guests enjoy Polynesian extravaganza at Harbor View



Musicians from the Polynesian band Ma’ohi Nui, David Kapololu (left) and Ikaika Blackburn perform at the Harbor View Club’s Polynesian extravaganza Monday, July 18. Guests enjoyed fine dining and music at the event. (U.S. Navy Photo by JOSN Jeff Johnstone)



# MCMRON - 1 visits forward deployed sweeps

**JOSN Adam R. Cole**  
*Task Force 76 Public Affairs*

Prospective Commodore, Mine Countermeasures Squadron (MCMRON) - 1, visited Sasebo July 14 to meet with the commodore of Mine Countermeasures Division (MCMDIV) 11 and the commanding officers of USS Guardian (MCM 5) and USS Patriot (MCM 7).

Capt. Kevin D. Scott will relieve current MCMRON - 1 commodore Capt. Robert Riehl in a change-of-command ceremony July 29 in Ingleside, Texas, where MCMRON - 1 is based.

Scott, a New York native, plans to continuously be a part of mine countermeasures operations within the Asian-Pacific area of responsibility and maintain top readiness standards for the forward deployed mine countermeasure vessels here.

"My vision is to position these mine countermeasures assets in a way that they can be readily available to contribute to the mission and vision of Seventh Fleet commander Vice Adm. Jonathan Greenert's Framework for Action," Scott said. "Framework for Action is

Greenert's goals and priorities for the forward-deployed Naval forces."

Scott understands how productive the forward - deployed mine countermeasure vessels in Sasebo have been and will continue to be. Guardian recently completed a three-month deployment that included three joint exercises and port visits in six countries. The highlight of the deployment was a passing exercise (PASSEX) with the Russian navy, conducted with Patriot, which was the first-ever mine countermeasures exercise between the



*Capt. Kevin D. Scott, prospective commodore, Mine Countermeasures Squadron (MCMRON) 1, meets with crewmembers of USS Guardian (MCM 5). (U.S. Navy Photo by J02 James Kimber)*

two countries.

"The forward - deployed mine countermeasures vessels of Sasebo have done some excellent work out here," said Scott. "The Navy and its allies have gained a lot from their efforts."

The Navy is beginning to bring mine countermeasures into the forefront, said Scott. As mine operations become more "mainstream," he realizes how much more important his role as a mine countermeasures leader will become.

"Because mine warfare is becoming a prominent tool of our enemies, it is something that the Navy is placing more importance on," said Scott. "As a mine countermeasures community, we can offer a lot to the changes that will be taking place. Guardian and Patriot are the vanguard of that effort."

# Malaysia phase of 11th annual CARAT draws to a close

**JOC Melinda Larson**  
*Commander, Destroyer Squadron 1*

The Malaysian phase of exercise Cooperation Afloat Readiness and Training (CARAT) ended July 18 with an exercise debrief and closing ceremony at a local resort. About 100 U.S. and Royal Malaysian Navy (RMN) officers and Sailors attended the ceremony, marking the end of an exercise designed to safeguard freedom of the seas and maritime security.

From practicing basic seamanship to interdicting mock pirates, events during the 11th annual Malaysia phase of CARAT accomplished the exercise's goals of strengthening ties between the two navies, according to the commander of the U.S. CARAT task group.

"It is evident that by working together to expand our mutual capability, and to train our Sailors to use productivity and innovation, we ensure that Malaysia and the United States will continue to act together to provide maritime security and freedom of commerce within the Southeast Asian region, and on the sea lanes of the world," said Capt. Buzz Little, commander of Destroyer Squadron 1, said during his closing remarks.

Little and his staff are currently embarked aboard USS Boxer (LHD 4), marking the first time a large deck amphibious ship has been used in CARAT's 11-year history.

In addition to flying Little's command flag, Boxer served as the embarkation platform for 160 Royal Malaysian army paratroopers, who waged an amphibious assault after being taken ashore aboard landing craft, air-cushion (LCAC) from Assault Craft Unit 5 during the three-day at-sea phase.

Maintaining a rigorous operational phase at sea and ashore, the officers and Sailors from both navies proved they could work together to create a unified front.

"The current global trends seem to demonstrate much emphasis on interdependence and cooperation to

and corvette Laksamana Muhammad Amin. USS Safeguard (ARS 50) and a Malaysian dive vessel conducted dive operations together at a nearby island.

Information sharing between the CARAT ships was accomplished by using the Combined Enterprise Regional Information Exchange System



*USS Safeguard (ARS 50) completed the Malaysian phase of exercise Cooperation Afloat Readiness and Training (CARAT) July 18 along with USS Boxer (LHD 4) and USS Rodney M. Davis (FFG 60). (Released by CFAS Public Affairs)*

achieve better results and heighten sustainability," said Maj. Gen. Dato Abdullah bin Babu, general officer-in-charge of the Royal Malaysian Armed Forces 3rd Division during his closing remarks. "I envision that future CARAT exercises would be further expanded to meet our national defense policy. With your presence and contribution in this region, I believe it will enhance maintaining security, peace and stability in this region."

Air warfare, tactical freeplays and a live-fire drone event were also highlights of the at-sea phase that, besides Boxer, included the frigate USS Rodney M. Davis (FFG 60), the RMN frigate Leiku

(CENTRIXS), installed at Kuantan Naval Base. CENTRIXS allowed leaders ashore to maintain situational awareness and interact with afloat forces.

"This communications process, combined with our continued emphasis on productivity at sea and our ability to plan and execute complex maritime security and warfare scenarios at sea, serve to strengthen our mutual respect and understanding of how to work together in a cooperative effort for the future," Little noted.

Sailors from both navies also interacted during a community service project and dental and medical civic action projects.

During a combined sports day, the two

navies took a day off from ship's work to display teamwork during a combined-team volleyball, soccer and tug-of-war. Boxer and Lekiu comprised the blue team, while Rodney M. Davis and the Laksamana Muhammad Amin were the opposing orange team.

"Your efforts, your skills and your teamwork displayed on the field are indicative of the spirit resonant at sea," Little said.

Little and his staff, based in San Diego, are scheduled to transfer to USS Harpers Ferry (LSD 49) to complete the last three phases of the CARAT series; Indonesia, Brunei and the Republic of the Philippines.

CARAT is a regularly scheduled series of bilateral military training exercises with several Southeast Asian nations.

Rear Adm. Kevin Quinn, commander of Logistics Group Western Pacific, is responsible for overall CARAT coordination for U.S. participants in his executive agent role as Commander, Task Force 712.

Boxer is homeported in San Diego and Rodney M. Davis in Everett, Wash. Safeguard is forward-deployed to Sasebo.

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Ever want to check out one of the sleek powerboats at OREC and head out for a spin on the water? You can do it, but first you'll need to complete the Powerboat Safety Class offered at OREC several times each year. You're in luck, because there are several classes scheduled over the next few weeks, beginning with one on Monday July 25. Other Monday classes are scheduled for August 1, 8, 15, 22 and 29. For more information, call 252-3500.

The staff at your Sailing and Outdoor Adventure Center has scheduled a hike up Mt. Atago on Friday, July 29. The group of hikers will depart Main Base at 4:30 p.m. and return at approximately 6:30. Cost is \$5 per person. For more information, call 252-3500.

A great way to enjoy fun in the sun for \$15 per person. The next waterskiing trip is scheduled for Saturday, July 30 from 10 a.m. - 2 p.m. Let the good people at the Sailing & Outdoor Adventure Center (located directly across the street from the Community & Education Center) take you and your friends out for a fun-filled four-hour session on the water. Beat the heat. Call 252-3500 for more information.

Bring your camera along for some spectacular photos of 99 Islands from high above the ocean during the 99 Islands Overlook Hike on Friday, August 5. You and your family and friends are sure to enjoy this leisurely walk under the guidance of staff members from the Sailing & Outdoor Adventure Center. The hike is scheduled from 4:30 to 6:30 p.m. and costs are \$5 per person. For more information, call 252-3500.

You still have time to sign-up for the Admiral Nimitz Golf Classic at the Tsukumo Golf Course on Saturday, August

Paintball enthusiasts can now enjoy speedball and ambush game facilities at Sakibe Field just a short distance from Main Base. The new paintball site offers a much greater range of activities and training opportunities, with lots of natural objects for participants to use in competition. Paintball sessions, scheduled from 10 a.m. to 2 p.m., are available every Sunday from now until the end of August. Cost is \$25 per person. For more information, call 252-3500.

The disadvantages of taking the bus are now inflicting our airlines. Trapped in a cylinder with other human beings for hours on end, we impose on each others space and sensibilities to an ever-increasing degree, so often making travel an excruciating experience.

## Schedule for July 22 - 31

Movie schedule is subject to change without notice.

### SHOWBOAT

Telephone: 252-3822

**FRIDAY, JULY 22**

6:30 p.m. (PG) • Madagascar  
 9:30 p.m. (PG-13) • **\*Fantastic Four**  
*\*\*Premiere*

**SATURDAY, JULY 23**

6:30 p.m. (PG-13) • The Longest Yard  
 9:30 p.m. (PG-13) • Fantastic Four

**SUNDAY, JULY 24**

6:30 p.m. (PG-13) • Fantastic Four  
 9:30 p.m. (R) • Unleashed

**MONDAY, JULY 25**

6:30 p.m. (PG) • Kicking and Screaming

**TUESDAY, JULY 26**

6:30 p.m. (R) • Crash

**WEDNESDAY, JULY 27**

6:30 p.m. (PG-13) • Star Wars: Episode 3

**THURSDAY, JULY 28**

6:30 p.m. (PG-13) • The Longest Yard

**FRIDAY, JULY 29**

6:30 p.m. (PG) • **\*Charlie and the Chocolate Factory**  
 9:30 p.m. (R) • Mindhunters  
*\*\*Premiere*

**SATURDAY, JULY 30**

6:30 p.m. (PG) • **\*Sisterhood of the Travelling Pants**  
 9:30 p.m. (PG-13) • **\*\*Lords of Dogtown**  
*\*\*Premiere*

**SUNDAY, JULY 31**

6:30 p.m. (PG) • Charlie and the Chocolate Factory  
 9:30 p.m. (PG-13) • Lords of Dogtown



**MADAGASCAR (PG)**  
*Starring: Ben Stiller, Chris Rock, Jada Pinkett-Smith and David Schwimmer*  
 Alex the lion is the king of the urban jungle, the main attraction at New York's Central Park Zoo. He and his best friends Marty the zebra, Melman the giraffe and Gloria the hippo have lived their entire lives in blissful captivity. Marty allows his curiosity to get the better of him and with the help of some abnormal penguins, makes his escape to explore the world he has been missing. Alex, Melman and Gloria go after him, but before they can go wild in the streets, they are captured, crated and put on a ship to Africa to be ultimately set free.

**THE LONGEST YARD (PG-13)**  
*Starring: Adam Sandler, Chris Rock, Burt Reynolds, James Cromwell and Walter Williams*  
 A former pro football quarterback Paul Crewe and former college champion and coach Nate Scarborough, are doing time in the same prison. They are asked to put together a team of inmates to take on the guards. Crewe enlists the help of Scarborough to coach the inmates to victory in a football game "fixed" to turn out quite another way.

**STAR WARS: EPISODE 3 (PG-13)**  
*Starring: Ewan McGregor, Hayden Christensen, Natalie Portman and Ian McDiarmid*  
 After three long periods of relentless fighting, the Clone Wars are nearly at an end. The Jedi Council dispatches Obi-Wan Kenobi to bring the deadly leader of the Separatist droid army to justice. Meanwhile, back on Coruscant, Chancellor Palpatine has grown in power. His sweeping political changes transform the war-weary Republic into the mighty Galactic Empire. To his closest ally, Anakin Skywalker, he reveals the true nature of power and the promised secrets of the Force in an attempt to lure him to the dark side.

**CHARLIE AND THE CHOCOLATE FACTORY (PG)**  
*Starring: Johnny Depp, Freddie Highmore, David Kelly, Helena Bonham Carter and Deep Roy*  
 Charlie Bucket, a boy from an impoverished family under the shadow of a giant chocolate factory, wins a candy bar contest and is given a tour, along with four other children, of the amazing factory of fun by the eccentric Willy Wonka and his staff of Oompa-Loompas.

## HARIO VILLAGE

Telephone: 252-8753

**FRIDAY, JULY 22**

6:30 p.m. (PG-13) • War of the Worlds  
 9:30 p.m. (R) • Mindhunters

**SATURDAY, JULY 23**

2 p.m. (PG) • Madagascar  
 6:30 p.m. (PG-13) • War of the Worlds  
 9:30 p.m. (R) • Mindhunters

**SUNDAY, JULY 24**

2 p.m. (PG-13) • The Longest Yard  
 6:30 p.m. (PG-13) • Mr. & Mrs. Smith

**THURSDAY, JULY 28**

6:30 p.m. (PG) • Kicking and Screaming

**FRIDAY, JULY 29**

2 p.m. (PG) • Madagascar  
 6:30 p.m. (PG-13) • Fantastic Four  
 9:30 p.m. (PG-13) • The Longest Yard

**SATURDAY, JULY 30**

2 p.m. (PG) • Madagascar  
 6:30 p.m. (PG-13) • Fantastic Four  
 9 p.m. (PG-13) • Cinderella Man

**SUNDAY, JULY 31**

2 p.m. (PG-13) • War of the Worlds  
 6:30 p.m. (PG-13) • Fantastic Four

## Schedule for July 22 - 31

Movie schedule is subject to change without notice.

### SHOWBOAT

Telephone: 252-3822

**FRIDAY, JULY 22**

6:30 p.m. (PG) • Madagascar  
 9:30 p.m. (PG-13) • **\*Fantastic Four**  
*\*\*Premiere*

**SATURDAY, JULY 23**

6:30 p.m. (PG-13) • The Longest Yard  
 9:30 p.m. (PG-13) • Fantastic Four

**SUNDAY, JULY 24**

6:30 p.m. (PG-13) • Fantastic Four  
 9:30 p.m. (R) • Unleashed

**MONDAY, JULY 25**

6:30 p.m. (PG) • Kicking and Screaming

**TUESDAY, JULY 26**

6:30 p.m. (R) • Crash

**WEDNESDAY, JULY 27**

6:30 p.m. (PG-13) • Star Wars: Episode 3

**THURSDAY, JULY 28**

6:30 p.m. (PG-13) • The Longest Yard

**FRIDAY, JULY 29**

6:30 p.m. (PG) • **\*Charlie and the Chocolate Factory**  
 9:30 p.m. (R) • Mindhunters  
*\*\*Premiere*

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6:30 p.m. (PG) • **\*Sisterhood of the Travelling Pants**  
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*\*\*Premiere*

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## HARIO VILLAGE

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8. No backstage, trailers, restrooms, clubhouses or suites are allowed in the Theater.
9. No outside food or beverages allowed.
10. Cine-Passes will only be used at the Showboat & Village Theater.



## Blanton achieves “Certificate of Merit” ...



Sasebo Elementary School student Alexis Blanton proudly displays the “Certificate of Merit” she received for submitting several winning entries in the 2005 ImageMakers National Photography Contest hosted by the Morale, Welfare & Recreation (MWR) Department and the Boys & Girls Clubs of Sasebo earlier this year. Blanton won first place in the Nine & Under Color category, First place in the Nine & Under Black & White category and first place in the Nine & Under Alternative category. Her winning entries were later submitted for Asia Region competition where she won first place honors with her Alternative Category entry entitled ‘Bicycle in The Mud’ which later went on to win the ImageMakers National competition in Naples, Italy earlier this month. Blanton will receive a trip to Orlando, Florida August 4-7 to receive her national award (Photo by Frank A. DeSilva)

# Safety Corner: Safe Skateboarding

**Charles Carr**  
CFAS Safety Department

### Skateboarding Safety Tips

Skateboarding is a popular activity enjoyed by many young people. However, it’s also an activity that causes many unintentional injuries.

According to the U.S. Consumer Product Safety Commission (CPSC), more than 15,600 persons need hospital emergency room treatment each year for injuries related to skateboarding. Fractures are a frequent type of injury.

Deaths resulting from collisions with motor vehicles and from falls are also reported.

Irregular riding surfaces account for more than half of the skateboarding injuries caused by falls. Wrist injury is the number one injury, usually a sprain or a fracture. Skateboarders who have been skating for less than a week suffered one-third of the injuries.

The National Safety Council offers these skateboarding tips:

There are boards with varying characteristics for different types of riding; i.e., slalom, freestyle or speed.

Some boards are rated as to the weight of the intended user.

Protective equipment, such as closed, slip-resistant shoes, helmets and specially designed padding, may not fully

protect skateboarders from fractures, but wearing it can reduce the number and severity of cuts and scrapes.

Padded jackets and shorts are available for skateboarders, as well as padding for hips, knees and elbows. The protective equipment currently on the market is not subject to government performance standards, and careful selection is necessary. In a helmet, look for proper fit and a chinstrap; notice whether the helmet blocks vision and hearing. If padding is too tight, it could restrict circulation and reduce the ability to move freely. Loose fitting padding, on the other hand, could slip off or slide out of position.

Learning how to fall may help reduce the chances of a serious injury. If you are losing your balance, crouch down on the skateboard so that you will not have as far to fall. In a fall, the idea is to land on the fleshy parts of your body. If you fall, try to roll rather than absorb the force with your arms. Even though it may be difficult during a fall, try to relax your body, rather than go stiff.

Give your board a safety check each time before you ride and always wear safety gear. Never ride in the street. Obey the city laws. Observe traffic and areas where you can and cannot skate.

Don’t take chances; complicated tricks require careful practice and a specially designated area.

# Specialty Care now available at Branch Health Clinic Sasebo

From Branch Health Clinic, Sasebo

In order to meet the community’s medical needs, Branch Health Clinic Sasebo offers two options to obtain specialty care.

**Naval Hospital Yokosuka**

Naval Hospital Yokosuka sends specialty providers approximately once a quarter to see patients. In order to get an appointment for specialty care, the Primary Care Manager (PCM) is required to initiate a referral. Once the PCM determines that the patient can wait to be seen until the visiting provider’s next trip to Sasebo, the patient is placed on a waitlist and notified by the clinic when it is time to book the appointment. A referral is required for all appointments for specialty care.

**Local Japanese Hospitals**

The second option is to receive specialty care at the local Japanese hospitals. This is done in urgent situations in which the PCM determines it is not in the best interest of the patient to wait for the specialty provider to come from USNH Yokosuka. In this case, the PCM initiates a referral for civilian care and the appointment is set up through the clinic’s translators. If the patient is Tricare Prime, he/she will incur all costs for any specialty care received at the local Japanese

hospitals without a prior referral. If the patient is Tricare Standard, a prior referral is not necessary; however, the patient must be prepared to pay the entire bill up front. It is the responsibility of the patient to file a claim through the Tricare office at the clinic. Tricare will reimburse the patient directly.

The following specialty providers come from Naval Hospital Yokosuka to Sasebo:

Neurology	Pediatric Behavioral
Audiology	Urology
Optometry	Physical Therapy
Ophthalmology	General Surgery
Gynecology	Mammography
Dermatology	Orthodontics
Orthopedics	Periodontics
ENT	Nutrition

In August, Physical Therapy, Gynecology, Optometry, Orthopedics, Urology and ENT will all be visiting BHC Sasebo. The nutritionist at USNH Yokosuka will also be setting up Video Teleconference (VTC) to meet with patients. If you would like to see any of these providers, please make an appointment with your PCM and he/she will determine if a referral for specialty care is necessary.

For more information, contact Lt. Service, the visiting provider coordinator at 252-2550.

Parenting and Child Care

www.navyonesource.com

Effective parenting and quality child care are important issues for young families in today’s Navy. The military way of life presents both advantages and unique challenges; however, there are many programs in place to help parents give their children the best start possible to a healthy and productive life.

On Navy installations, the Fleet and Family Support Center provides parenting information and support, while the Child Development program will work with you on meeting your child care needs in a safe and secure environment. Be sure to check out the parenting information from the DoD Healthy Parenting Initiative, found on the Military HOMEFRONT website [www.militaryhomefront.dod.mil](http://www.militaryhomefront.dod.mil) (click on *Troops and Families*, then *Parenting*).

Additionally, Navy OneSource supports families no matter what time of day or where folks are located. Available by phone and online, Navy OneSource is ready to assist with information and resources on issues surrounding parenting and child care.

**This month Navy OneSource is featuring the booklet, *Questions Parents of Toddlers Ask*. Receive a free copy of this booklet by calling a consultant or ordering online on the Navy OneSource website.**

These resources are just a sampling of the many life articles and booklets available through **Navy OneSource**. In partnership with Fleet and Family Support Centers, Navy OneSource provides beneficial resources and information to help you meet the challenges and enjoy the opportunities of military life.

For more information on everyday life issues, call and talk with one of our Master’s degree-level consultants.



Get in touch with Navy OneSource today

Stateside: 1-800-540-4123  
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*\* Note, when dialing local access numbers, local phone charges may apply.*

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Phones are TTY/TDD accessible by calling 1-800-346-9188.

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

# VA Counseling


Learn more about the VA BENEFITS AND SERVICES available to you and your family:

- Disability Compensation
- Montgomery GI Bill
- VA Home Loan
- SGLI/VGLI
- and other VA issues

**VA COUNSELING**  
**July 25-29 • 0830-1600**

Call FFSC at 252-3604 to schedule for an appointment with the VA representative





# ICE

**WHAT:** The Interactive Customer Evaluation

(ICE) is an internet-based customer comment card system that allows you as a member of the DoD community to rate products and services provided by DoD offices and facilities worldwide. Your comment card ratings are used to improve the products and services available to you.

**WHO:** Anyone with a suggestion or a comment on the service they received.

**HOW:** Access the ICE website at [www.cfiis.navy.mil](http://www.cfiis.navy.mil) and click on the ICE icon.

**WHY:** Your comments and concerns assist in focusing improvements to services delivered to you.

**WHEN:** Anytime

*For more information, please contact CMDR. H.E. Ranard, CFAS Command Chaplain at 252-3380.*

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Fleet Gym 252-3588

Hario Gym 252-8691

# Game of the week: ACU-5 clips Flyer’s wings, 24-0

**JOSN Jeff Johnstone**  
CFAS Public Affairs

In a game that began so competitively, one team rose to the occasion, and the other unraveled at the end like an old sweater. The ACU – 5 Dragons and the Flyers battled each other, as well as red flag level heat Tuesday, July 19 at Nimitz Park in a game that featured ups, downs and some exciting moments from both teams.

The action started early as the Flyers intercepted



ACU-5’s Steve Alt (left) launches a pass over the head of pursuing defender Alfred Allison. Alt led ACU-5 with a touchdown pass and a rushing touchdown. (U.S. Navy Photo by JOSN Jeff Johnstone)

Dragons quarterback Steve Alt early in the first half. The Flyers would take over looking to capitalize, only to suffer the same fate, as quarterback Alfred Allison

proceeded to throw a pick shortly after. The Dragons went on to be the first team to cash in on an opponent’s mistake, as Alt connected for the game’s first touchdown pass, giving them a 6 - 0 lead. The extra point attempt failed, however.

The Flyers appeared to mount some offense, until they turned the ball over at the Dragons 40 yard line with another interception.

The defensive struggle continued, as Alt was victimized again, being picked off at the two minute warning.

The Flyers would manage to maintain possession of the ball, but only long enough to go four and out, returning the ball to the Dragons. The Dragons flirted with scoring, driving to the Flyers 20 yard line before the half ended with a 6 – 0 score.

The Flyers began the second half off with a bang, as quarterback Allison connected with his receiver to the Dragons’ 20 yard line. One quarterback sneak later, the Flyers found themselves on the five yard line, and in scoring range. The promising drive ended, courtesy of another interception, this one by Dave Bell. The Dragons and Flyers both went four and out on their next possession. the Dragons threatened to score, this time driving to the Flyers goal line. After two incomplete passes, Alt took matters in his own hands, barreling across the goal line on third down for the sore.

The Flyers luck never changed, as Allison was picked off again. Fortunately for the Flyers, the Dragons would go four and out.

Unfortunately for Allison and his Flyer teammates, the Dragon defense wasn’t finished ball



Flyers’quarterback Alfred Allison weaves through defenders on a draw play. Allison led with a solid ground attack, but the Flyers still fell to their ACU-5 opponents. (U.S. Navy Photo by JOSN Jeff Johnstone)



The Dragons’ Ron Herb (right) attempts to rip off his opponent’s flags during first half action Tuesday, July 19. The Dragons’ defense held strong, shutting out the Flyers offense. (U.S. Navy Photo by JOSN Jeff Johnstone)

## Fitness Tip: Tips for those who go it alone

**Alec Culpepper**  
MWR Fitness and Aquatics Director

- 1) Make a running appointment with yourself. Then honor that appointment like any other commitment.
- 2) Have a goal for each run or exercise session. Aim to run a half-mile farther or do 2 more repetitions. Once you have a plan for a run or workout

session, you’ll be more likely to get out there and get the job done.

- 3) Mind your body. Running solo allows you to pay attention to your body instead of conversing with partners. You can continually adjust your effort.
- 4) Keep—and read—a training log. Reviewing your training can motivate you for your next run.

### Spring Softball Standings

Total Force	31	1
Fire Dreams	17	5
Crush	16	7
Fort McHenry	12	7
Guardian	5	3
Dragons	18	9
Squirrels	13	11
Patriot	10	12
Iron Gators	5	7
Harpers Ferry	14	14
Bonecrushers	10	17
Shooters	6	10
Educators	3	10
Security	5	18
Young Gunz	2	11
Seabees	0	1

### Upcoming Sports Events

**What:** PRT Command Challenge 3k  
**When:** Friday, July 29 at 6:30  
**Where:** Nimitz Park

**What:** Admiral Nimitz Golf Tournament  
**When:** Saturday, Aug. 6, 2005  
**Where:** Tsukumo Golf Course  
**Format:** Two Person Scramble  
**FMI:** 252-3588

**What:** Guard Start (Jr. Lifeguard)  
**When:** Aug. 15 - 19  
**Where:** Main Base Pool & Hario Pool  
**Registration:** Aug. 1 - 10  
**Fee:** \$20  
**FMI:** 252-3712/3588

hawking, as Dee Chatman intercepted Allison on their first play and stomped into the end zone for a touchdown. The nightmare continued, as the Dragon’s Donald Walker followed suit, picking off Allison and returning it for yet another

Dragon touchdown. The Dragons would go on to ground the Flyers, 24 – 0, after the officials called the game due to the mercy rule.

## FROM THE BENCH

with hosts  
**Isaiah Mincks**  
**Dennis Lebling and Dave Glazier**  
Thursday mornings 8:00 – 9:00